

Connecting *for* Safe Communities:

SUICIDE PREVENTION ACROSS THE LIFESPAN

7th ANNUAL MASSACHUSETTS SUICIDE PREVENTION CONFERENCE

May 13 & 14, 2008

9:00 am–4:30 pm (8:00–9:00 am registration)

STURBRIDGE HOST HOTEL & CONFERENCE CENTER, STURBRIDGE, MA

CO-SPONSORED BY:

Massachusetts Department of Public Health
Massachusetts Department of Mental Health
Massachusetts Coalition for Suicide Prevention
AdCare Educational Institute, Inc.



SUPPORTED BY:

American Foundation for Suicide Prevention – New England
Harvard Pilgrim Health Care
Suicide Prevention Resource Center
Samaritans, Inc.



Conference Objectives

- ✓ Participants will gain new information and increase their awareness of suicide as a public health issue
- ✓ Participants will become familiar with the goals and objectives of the Massachusetts Strategic Plan for Suicide Prevention
- ✓ Participants will learn how they can “take action” with the Massachusetts Coalition for Suicide Prevention to implement the Strategic Plan
- ✓ Participants will gain knowledge about the special needs of suicide survivors
- ✓ Participants will enhance their suicide assessment and intervention skills

Who Should Attend?

Public health and mental health professionals, social workers, nurses, public safety officials, first responders, law enforcement officers, emergency medical technicians, corrections personnel, community leaders and advocates, survivors, counselors, clergy and faith community leaders, educators and school administrators, elder service staff, persons working with youth programs, GLBT advocates, providers of veterans’ services and allies and anyone interested in preventing self-harm and suicide in the Commonwealth of Massachusetts.

Registration

Registration is accepted by **mail only**. If you have questions regarding program registration contact: AdCare Educational Institute (508) 752-7313; (508) 754-0039/TTY. If the conference is cancelled due to inclement weather, a message will be recorded on AdCare Educational Institute’s voicemail at (508) 752-7313 by 6:30 am on the day of the conference.

Advance registration and payment are required.

Continuing Education

Continuing Education Units will be offered for Licensed Alcohol Drug Counselors (LADC I, LADCII, and LADC Assistants), Certified Alcohol and Drug Abuse Counselors (CAC/CADAC), Certified Addiction Specialists (CAS), Nurses (RN/LPN), Social Workers (SW) and Licensed Mental Health Counselors (LMHC). AdCare Educational Institute, Inc., is recognized by the National Board for Certified Counselors to offer continuing education for National Certified Counselors (NCC). We adhere to NBCC Continuing Education Guidelines. To ensure state credentials, contact your local board of certification. For Social Work CEUs, contact AdCare Educational Institute to determine if an authorization number has been secured.

AdCare Educational Institute, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. AdCare Educational Institute, Inc. maintains responsibility for the program and its content. Continuing education credits for EMTs will be applied for.

Access Accommodations

If you are deaf or hard of hearing, or are a person with a disability who requires accommodation, please contact Laura Guida by **May 1, 2008** at (508) 752-7313 (phone), (508)-754-0039 (TTY) or email: Laura@adcare-educational.org.



A Special Note on Confidentiality

Conference organizers recognize that presenters and attendees may share and hear information that in other settings would be considered private and confidential. Because of the broad public nature of this conference and the fact that print, broadcast and web media and other information disseminating outlets are likely to be in attendance, conference organizers are not able to guarantee any measure of confidentiality for presenters and attendees.

Directions

Sturbridge Host Hotel

366 Main Street, Sturbridge, MA

From Boston

Take the Mass Pike (I-90) West to Exit 9 onto Route 84; Exit 3B brings you to Route 20 West. The hotel driveway is approximately 1 mile down on the right between McDonalds & Burger King.

From the South

Take Route 495 North to the Mass Pike (I-90) West to Exit 9 onto Route 84; Exit 3B brings you to Route 20 West. The hotel driveway is approximately 1 mile down on the right between McDonalds & Burger King.

From the North

Take 495 South to the Mass Pike (I-90) West to Exit 9 onto Route 84; Exit 3B brings you to Route 20 West. The Hotel driveway is approximately 1 mile down on the right, between McDonalds & Burger King.

From Worcester

Take Route 290 West to the Mass Pike (I-90) West to Exit 9 onto Route 84; Exit 3B brings you to Route 20 West. The hotel driveway is approximately 1 mile down on the right, between McDonalds & Burger King.

Overnight Accommodations

A block of overnight rooms has been reserved at the Sturbridge Host at a discounted rate of **\$87.00 (& 9.7% tax)** single or double occupancy. Please contact the hotel directly to make your overnight reservations and please be sure to mention that you are with the **“Suicide Prevention Conference”** in order to take advantage of the discounted rate.

Reduced rate hotel rooms are being held until April 21, 2008

Hotel Reservations must be made with:

Sturbridge Host Hotel & Conference Center

366 Main Street
Sturbridge, MA 01566
508-347-7393 / 1-800-582-3232
info@sturbridgehosthotel.com
www.sturbridgehosthotel.com



AGENDA

DAY 1 May 13

DAY 2 May 14

8:00	Registration
9:00	Welcome and Opening Remarks John Auerbach, Commissioner, Massachusetts Department of Public Health Barbara A. Leadholm, M.S., M.B.A., Commissioner, Massachusetts Department of Mental Health Keynote Speaker: Secretary JudyAnn Bigby, M.D. Executive Office of Health and Human Services
10:15–11:45	Workshop Session 1 (1–8)
11:45–1:00	Luncheon
1:15–2:45	Workshop Session 2 (9–16)
3:00–4:30	Workshop Session 3 (17–24)
4:30	Submit evaluations Sign out for CEUs

There will be a free optional reception sponsored by the MA Coalition for Suicide Prevention on Tuesday from 5:00–6:30 with hors d'oeuvres, music and a cash bar. All are welcome. Please check off appropriate box on registration form if you will be attending this reception.

8:00	Registration and Continental Breakfast
9:00	Welcome The Face of Suicide A panel of survivors (people who have lost a loved one to suicide) will share their experiences. Moderated by Roberta Hurtig, co-chair of the MA Coalition for Suicide Prevention
10:15–11:45	Workshop Session 1 (25–31)
11:45–1:00	Luncheon
1:15–2:45	Workshop Session 2 (32–38)
3:00–4:30	Workshop Session 3 (39–44)
4:30	Submit evaluations Sign out for CEUs

Note: For anyone feeling a need for support there will be Samaritan volunteers, available both days, who would be glad to talk with you. These volunteers will be wearing white ribbons.

7th ANNUAL MASSACHUSETTS SUICIDE PREVENTION CONFERENCE

REGISTRATION FORM

Deadline for Registration is **May 8, 2008**.

Advance registration and payment are required. Space is limited and will be filled on a first come, first-served basis.

We accept checks, money orders, and purchase orders.

To register, please complete this form, indicating workshop selections, *include check* **payable to AdCare Educational Institute Inc., and mail to:**

AdCare Educational Institute, Inc.
5 Northampton Street, Worcester, MA 01605
Attn: Suicide Prevention Conference Registration

NAME _____

AGENCY _____

ADDRESS _____

CITY/STATE/ZIP _____

DAYTIME PHONE _____

FAX _____

(*Required) EMAIL _____

***Registration Confirmation will be e-mailed to you at the e-mail address listed above. Please print e-mail address clearly. (Registration will be confirmed by e-mail only)**

If you are applying for CEUs, please indicate your professional affiliation

Continuing Education: _____

License #: _____

☐ LADC ☐ CAC/CADAC ☐ CAS ☐ RN/LPN

☐ NCC ☐ SW ☐ PSYCH

FEES:

Please indicate below which day(s) you wish to attend

May 13 only: Registration & CEUs

☐ \$40.00

☐ *I will be attending the free optional reception.*

May 14 only: Registration & CEUs

☐ \$40.00

Both Days: Registration & CEUs

☐ \$60.00

Please indicate your workshop choices below:

Space is limited for each workshop and will be filled on first-come, first-served basis. Also indicate your second choice (Second choice workshops will be assigned if not indicated below).

Tuesday, May 13, 2008 Workshops (Day 1)

SESSION 1: 10:15–11:45 (1–8)

_____ FIRST CHOICE _____ SECOND CHOICE

SESSION 2: 1:15–2:45 (9–16)

_____ FIRST CHOICE _____ SECOND CHOICE

SESSION 3: 3:00–4:30 (17–24)

_____ FIRST CHOICE _____ SECOND CHOICE

Wednesday, May 14, 2008 Workshops (Day 2)

SESSION 1: 10:15–11:45 (25–31)

_____ FIRST CHOICE _____ SECOND CHOICE

SESSION 2: 1:15–2:45 (32–38)

_____ FIRST CHOICE _____ SECOND CHOICE

SESSION 3: 3:00–4:30 (39–44)

_____ FIRST CHOICE _____ SECOND CHOICE

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Connecting for Safe Communities:

SUICIDE PREVENTION ACROSS THE LIFESPAN

WORKSHOPS

DAY 1 May 13

(choose one from each session)

Session One (10:15–11:45)

1. Practical Steps: How to Begin Implementing Means Reduction Approaches to Suicide Prevention Today

The national and state suicide prevention strategy calls for reducing suicidal people's access to lethal means, and there is relatively strong evidence that "means reduction" saves lives. But what do we actually do today and tomorrow to implement means reduction? This workshop provides practical, non-controversial first steps both for those working at a policy level and those working at an institutional or clinical level on reducing a suicidal person's access to firearms and selected other methods.

Catherine Barber, Harvard Injury Control Research Center, Cambridge, MA

2. Suicide Assessment in the Clinical Setting

We will review epidemiology of clients who attempt and complete suicide, describe the distinction between self-injurious behavior and suicidal behavior, and discuss how to elicit suicidal ideation, plans, and intent from clients in various clinical settings.

Kenneth P. Mitchell, Jr., M.D., DMH Metro Suburban Area Medical Director of the Department of Mental Health; Robert Karr M.D., DMH Northeast Area Medical Director, Department of Mental Health

3. Suicide and Suicide Prevention among Lesbian, Gay, Bisexual, and Transgender Youth and Young Adults

In this interactive workshop we will review current data and research about suicidal behavior and risk and protective factors among LGBT youth and young adults. Participants will assess their schools or agencies and identify steps they could take to address the needs of LGBT youth

Effie Malley, MPA, Senior Prevention Specialist, EDC, Suicide Prevention Resource Center

4. Dual Intent: Men Who Kill Their Partners and Themselves

The presenter will review research findings on the most common type of murder-suicide, those involving intimate partners. Murder-suicides comprise 30% of intimate partner homicides nationally. Dr. Adams will discuss unique factors of these kinds of killings, drawing from his profiles of five types of perpetrators as described in his recently published book, Why Do They Kill? Men Who Murder Their Intimate Partners. Recommendations for deterrence and intervention will also be discussed.

David Adams, ED.D., Co-Director of Emerge, the first counseling program in the nation for men who abuse women, established in 1977.

5. How A Community Survives

The Needham Coalition for Suicide Prevention was organized in May of 2006 as a community-wide response to the deaths by suicide of four young people over the previous eighteen months. This workshop will focus on how to make a real impact on suicide risk by using a public health approach, focusing on risk factors and how to reduce them, along with protective factors and ways to enhance them. The workshop leaders will discuss ways to make efforts sustainable, how to use data to inform your work, as well as how to adapt best practices for your own community.

Rev. Jennifer Hitt, Grace Lutheran Church, George Johnson, Assistant Superintendent, Needham Public Schools, Jim McCauley LICSW, Director of Youth and Family Services, Riverside Community Care, Denise Garlick, Chairperson of the Needham Board of Health

6. Clinical Perspectives with Suicidal College Students

Suicide is the second leading cause of death for college age young adults. This workshop focuses on some unique aspects of the therapist's role in the treatment of college students including how students communicate their pain, barriers to building a therapeutic relationship with a suicidal student, and postvention strategies. The impact of a suicide on a clinician will also be discussed.

Dr. Daniel Kirsch; UMass Medical Health Center

7. Readjustment and Post Traumatic Stress In Iraq and Afghan War Veterans

This workshop will present a brief overview of both the predictable readjustment issues of returning war veterans and Post Traumatic Stress Disorder in war veterans. Treatment and treatment resources will also be discussed with an essential opportunity for questions and answers.

Thomas F. Hannon, APRN, BC; The Boston Vet Center

8. Suicide Prevention Policy in the US and Massachusetts: How We Got Here and Where We're Going

This workshop will review how suicide prevention got on the public agenda first nationally and then in states, with a special focus on Massachusetts. It will discuss how advocacy drove the process at all levels, and the status of planning efforts to date, with implications for planning and advocacy in regional and local coalitions.

Ellen Connorton, MSW, MPA; MA Coalition for Suicide Prevention Policy Chair

Session Two (1:15–2:45)

9. CALM—Counseling on Access to Lethal Means

This workshop offers both the rationale and practical skills of CALM. CALM is talking to those at risk for suicide and/or their families about reducing their risk of death by suicide through limiting access to firearms, medications and other lethal means.

Elaine M. Frank, New Hampshire Injury Prevention Center, DHMC; Mark Ciocca

10. The Role of Dialectical Behavioral Therapy in the Treatment of Suicidality

This workshop will provide a brief overview of the theory and practice of Dialectical Behavioral Therapy (DBT) as developed by Marsha Linehan and colleagues. It will define some distinctions between suicidal behaviors that are more responsive to DBT, and suicidal behaviors that are less responsive to DBT. It will conclude with a discussion of the experiences of workshop participants in using DBT treatment approaches, with an emphasis on identifying best practices. The workshop is suitable for experienced DBT clinicians, as well as those less familiar with DBT.

Daniel L. Breslin, MD; Chief of Psychiatry, Tewksbury Hospital, Tewksbury, MA

11. Surviving Suicide Loss: A Dialogue

This highly interactive workshop provides a venue for survivors and professionals to engage in a mutual, thoughtful, and rigorous dialogue about survivorship. Drawing on the literature, we will consider critical gaps in what we know about survivors and their needs. The workshop invites participants to draw on their own perspective and experiences while also listening to others, in order to advance our mutual understanding of survivorship. It will also address new initiatives for survivors in Massachusetts.

Presenter: Joanne L. Harpel, J.D., M.Phil., Director of Survivor Initiatives, American Foundation for Suicide Prevention, with Kimberly Gleason, New England Regional Director, AFSP.

12. Frameworks: A Community Based Suicide Prevention Program

A national Best Practice Program, NAMI—NH's Frameworks Project works with community coalitions to implement suicide prevention, intervention and postvention training to key service providers and community gatekeepers. Frameworks promotes early recognition of mental illness, substance abuse and other risk factors which lead to suicide events. Through this effort, the coalition identifies and works on community risk and protective factors, access to care issues, stigma reduction and role clarification for service providers. The workshop will give an overview of the Frameworks Project and share evaluation results.

Kenneth Norton, LICSW, Frameworks Suicide Prevention Program Director, NAMI- NH, The National Alliance On Mental Illness, Concord, NH

13. Youth Depression and Suicide: Let's Talk!

Youth Depression and Suicide: Let's Talk! curriculum was designed to create a safety net for youth at risk for suicide and suicidal behaviors. Topics will include identifying risk and protective factors, suicidal warning signs, active listening skills, and crisis response. The Program provides important and current information regarding suicide and youth, but does not train participants to diagnose or clinically assess youth.

Maura McAvoy, MSPCC, The Y.E.S. Project

14. Services and Barriers to Services for Veterans in Massachusetts

This panel of veterans and veterans' service providers will discuss their experiences, challenges and successes in accessing services for themselves and their clients. Risk and protective factors for depression and suicidal ideation, among other challenges that returning veterans face, will be discussed. An overview of SAVE (Statewide Advocacy for Veterans' Empowerment), a collaborative outreach initiative between the Department of Veterans' Services and the Department of Public Health will also be presented.

Panel: Jennifer Merenda, Program Manager, SAVE; Kevin Lambert, Outreach Coordinator, SAVE; Meredith Powers-Lupo, Suicide Prevention Coordinator, Boston VA; Chaplain Paul Minor, National Guard

15. Case Management Teams: Early Intervention for At-Risk College Students

A case management team, or students-at-risk response team, can be an effective tool for identifying and responding to students at risk for self-harm, school failure, and violence by bridging campus information silos. This presentation will provide a definition of "case management" team and outline typical responsibilities, membership, procedures for collecting and synthesizing information, and confidentiality requirements. Presenters will outline the findings of surveys and in-depth interviews conducted with Massachusetts campuses about their experiences using case management teams.

Laurie Davidson, Campus Programs Coordinator, Suicide Prevention Resource Center; Christine Ayash, Doctoral Candidate, Boston University School of Public Health

16. Innovative Programs for Youth Violence Prevention

A panel of service providers discuss innovative asset based approaches to prevention of violence across a broad spectrum of youth. Moderator: Swapnil Maniar, PhD, MPH, Director, Massachusetts Youth Violence Prevention Program., Massachusetts Department of Public Health

Session Three (3:00–4:30)

17. Self Care in a World of Hurt....Learning to Put Your Own Mask on First

How do we, as First Responders, justify taking care of ourselves first? Isn't that selfish? We work in a profession that demands us to take care of others who are injured, in danger and are hurting. This workshop is to help us understand the stress our work places us in and how our profession affects our physical and mental health as well as impacts the important relationships we have at work and home. We owe it to ourselves and the others in our lives to stay safe and well.

Craig Clemow, D.Min, Lic psychologist, Western MA CISM team clinical director, Chaplain, United Methodist Church

18. Assessment of Suicide Risk: Practical Skills Development

This workshop is designed to help individuals learn and improve skills related to suicide risk assessment. Through a series of case vignettes and mock patient interviews, participants will be able to improve upon interview techniques that go beyond simple inquiry of suicidal ideation and intent. The workshop will also focus, using the case vignettes, on the conceptualization of suicide risk assessment and risk reduction strategies.

Debra A. Pinals, M.D. Area Medical Director, Central Massachusetts Area Department of Mental Health and Co-Director, Law and Psychiatry Program Associate Professor of Psychiatry University of Massachusetts Medical School

19. Campus Suicide Prevention in MA: A Panel Discussion with the SAMHSA Garrett Lee Smith Memorial Act Grantees

This session will provide information on the Garrett Lee Smith Memorial Act and will include a panel of the three MA grantees who will discuss their campus suicide prevention activities, accomplishments and progress to date, and lessons learned in the process.

Charles Morse, MA, LMHC, Director, Student Development & Counseling, Worcester Polytechnic Institute; Kathleen Shine-O'Brien, MA, Project Coordinator, Massachusetts Maritime Academy; Kerry Morrison, PsyD, Project Coordinator, Suicide Prevention Program, University of Massachusetts Amherst

20. Building Capacity of and Sustaining Suicide Prevention Coalitions

Massachusetts leads the nation in many ways with its suicide prevention work. Local and regional coalitions working with the statewide coalition are key players. After this session, geared for coalition members, participants will be able to identify benefits and challenges of suicide prevention coalitions, describe steps for building capacity of working coalitions, and plan ways to sustain their coalitions.

Effie Malley, MPA, Senior Prevention Specialist, EDC, Suicide Prevention Resource Center; Greg Miller, Coordinator, MA Coalition for Suicide Prevention

21. Suicide Risk Assessment and Prevention with Immigrant Victims of Domestic Violence

The goals of this workshop are to identify the risk and protection factors for culturally diverse victims of domestic violence, especially the immigrant population and to discuss a community response to address the suicide prevention needs of immigrant victims of domestic abuse.

Marina Livshits, Psy.D. Jewish Family and Children Service

22. Caring for Veterans at Risk of Suicide: Families Speak Out

Military family members who have lost a loved one to suicide will discuss their experiences, what they wish they had known, how they were affected, and what services could or would have been helpful to them in coping with this difficult time.

Panel: Deborah DiMasi; Kevin & Joyce Lucey. Moderated by Ellen Connorton, MSW, MPA; MA Coalition for Suicide Prevention Policy Chair

23. New Developments in Understanding and Treating Self-Injury

This presentation will focus on understanding, managing and treating diverse forms of self-injury including arm and body cutting, self-inflicted burning, and excoriation of wounds. Self-injury will be distinguished from suicidal behavior in terms of a number of key characteristics. Eight levels of care in the management and treatment of self-injury will be reviewed. Practical suggestions in dealing with self-injury will be provided including a protocol for responding in school settings.

Dr. Barent Walsh, Executive Director, The Bridge of Central Massachusetts, Worcester, MA

24. Survivor to Survivor Support Program

This workshop is a chance to hear about the unique issues survivors face after they lose a loved one to suicide. Participants will learn about the innovative programs the Samaritans have created to help individuals deal with this terrible grief and loss. This workshop will allow the attendees to participate in a discussion and leave with some new tools to support survivors and themselves.

Kim Kates, Samaritans

DAY 2 May 14

(choose one from each session)

Session One (10:15–11:45)

25. Medical Illness and Suicide Among the Elderly

Matthew J. Miller, MD, MPH, ScD, Deputy Director, Harvard Injury Control Research Center, Assistant Professor of Health Policy and Injury Prevention, Harvard School of Public Health

26. Nantucket Teen Suicides: Cluster and Contagion?

This workshop will present an overview of the sudden deaths of a number of teenagers on the Island of Nantucket. Session will include discussion of the events similar to other occurrences that have been deemed to be suicide clusters in the US and other countries. Speakers will examine issues that make it difficult to manage potential contagion in a small community.

Peter Evers, LICSW, Area Director Southeast Area Dept of Mental Health; Susan Skea, M.D., Area Medical Director, Southeastern Area, Department of Mental Health, Assistant Professor of Psychiatry, University of Massachusetts Medical School

27. Identifying and Treating Latent Suicide Risk in Community Mental Health

With nearly a million consumers assessed with the multi-dimensional Treatment Outcome Package (TOP), Behavioral Health Laboratories (BHL) has helped to identify tens of thousands of clients at risk for suicide, many of whom did not identify suicidal ideation in their initial appointment. This workshop will review how TOP can help to identify latent suicide risk, facilitate a rich clinical dialogue about this often-sensitive topic, and demonstrate how the BHL comparative database can help organizations benchmark their ability to treat suicide against their peers.

David R. Kraus, PhD, President, Founder, Chairman, Behavioral Health Labs

28. Preventing Police Suicide: Prevention and Available Supports—A Therapist's Perspective

Despite the fact that documented police suicides annually occur more frequently than felon-related and accidental line-of-duty deaths combined, and the police suicide rate is nearly double the suicide rate of the general population, comparatively little attention is focused on the emotional health and psychological well-being of police officers. Current, evidence-based information will be provided that is considered to be essential for understanding the issues related to police suicide and for devising pragmatic systems and mechanisms for intervention and prevention. In this interactive session attendees will learn about the magnitude of the problem, causes for police suicide, risk factors inherent within the police culture which place officers at high-risk, warning signs specific to law enforcement officers, and support systems that can be readily implemented.

Barry N. Feldman, Ph.D., Assistant Director and Law Enforcement Specialist for the On-site Academy, Gardner, MA

29. Mental Health Promotion in the Workplace

Untreated mental illness costs American companies over 170 billion dollars every year in lost workdays, reduced productivity, and direct health care costs. Using research evidence and case studies, this workshop will address the financial and emotional costs of mental health problems in the workplace and will discuss actions that can be taken to create a healthier and more efficient work force.

Deb Stone, MPH, MSW, Consultant, Suicide Prevention Program, MDPH; Representative from CMG Associates

30. New Developments in Understanding and Treating Self-Injury

This presentation will focus on understanding, managing and treating diverse forms of self-injury including arm and body cutting, self-inflicted burning, and excoriation of wounds. Self-injury will be distinguished from suicidal behavior in terms of a number of key characteristics. Eight levels of care in the management and treatment of self-injury will be reviewed. Practical suggestions in dealing with self-injury will be provided including a protocol for responding in school settings.

Dr. Barent Walsh, Executive Director, The Bridge of Central Massachusetts, Worcester, MA

31. Toward the Future: Fighting Stigma among Multicultural Youth

This workshop will focus on the high rates of suicide among racial and ethnic minority youth, looking at traditional views of mental illness and suicide, as well as a discussion of possible means of community engagement to combat the pervasive stigma in these communities.

Joy Connell, Massachusetts Department of Mental Health, Office of Multicultural Affairs

Session Two (1:15–2:45)

32. BSAFE—A Protocol for Suicide Assessment and Treatment Planning

Due to its statistical infrequency, individual suicide is not predictable by any known risk factor or combination of factors. However, an individual's suicide risk can be assessed and a treatment plan can be designed with the goal of reducing that risk. This presentation will provide an overview of the important steps in that process.

Dr. Douglas Jacobs, President and CEO, Screening For Mental Health, Inc., Wellesley Hills, MA

33. Depression in the Family

If you've lost someone to suicide or are helping a family member who has, this workshop will help you understand depression and bipolar disorder, root causes to suicide. Dr. Beth Murphy will discuss what depressive disorders are, how they are treated, and where to go for help. Dan Fields who has depression and Sui Wai Strohane who has bipolar disorder will discuss their own experiences getting diagnosed, treated and family issues. Julie Totten, President and Founder of Families for Depression Awareness will discuss family concerns and how you can raise awareness of depressive disorders to help prevent suicides.

Julie Totten, President and Founder, Families for Depression Awareness

34. The Key

From the producer of The Yellow Dress comes a new one- person play on depression awareness and suicide prevention for youth. This half hour drama, The Key, lets us into the heart and mind of Chris, a profoundly depressed teen, contemplating suicide.

This play will be ready to present in high schools and colleges in the fall of 2008. There will be a discussion after the play.

Sydney Patten, Producer; Dr. Nadja Reilly, Staff Psychologist, Department of Psychiatry, Children's Hospital

35. Suicide: Community Crisis Response with Child and Adolescent Populations

This presentation will explore community crisis response to suicide involving youth, issues and conditions arising from a stigmatic death and survivor traumatology of grieving as a result of sudden violent death.

Pam Chamarro, LICSW

36. Innovative Services for Elders at Risk

This is a panel presentation of services for older adults funded by the MA Department of Public Health Suicide Prevention program.

Kathy Kuhn, MSW, LICSW, Director of Education and Training, Institute for Geriatric Social Work, Boston University School of Social Work; Christine Alessandro and Julianne Hansbury; BayPath; Leigh Ann Gaudette; Advocates, Inc; Phil Shea, Community Counseling of Bristol County; Marsha Frankel, LICSW, Clinical Director of Senior Services, JF&CS

37. How DPH Suicide Prevention Activities are Informed by Surveillance Data and Best Practices

This workshop will demonstrate how surveillance conducted by the Department of Public Health drives the activities of the suicide prevention program in Massachusetts and will provide an overview of the incidence and prevalence of suicidal behavior in the Commonwealth.

Alan Holmlund, MDPH Suicide Prevention Program Director; Loreta McKeown, MDPH Surveillance

38. Reducing Suicide Risk in a Small Community

This workshop explains the design, implementation and early feedback from a suicide prevention project in Berkshire County that focuses on education of gatekeepers and an innovative screening program. "Gatekeepers" include trained personnel in the health care delivery system. The presenters will focus on three aspects of the project: 1) the education of gatekeepers and the feedback loop to the clinical system; 2) the screening strategy in the community hospital and the early data generated through that effort; 3) a brief vignette from one of the educational videos of a patient describing an acutely suicidal state. Participants in the workshop will be asked to discuss their own thoughts about what is useful in the strategy of this project, share their views about what may be needed in their own communities, and, if they have participated in similar efforts, what has been most useful in their own experience.

Alex N. Sabo, MD, Chairman and Project Director, Department of Psychiatry and Behavioral Sciences, Berkshire Medical Center, Associate Professor of Clinical Psychiatry, University of Massachusetts Medical School; Cynthia Sinopoli, RN, Assistant Project Director, Berkshire Medical Center.

Session Three (3:00–4:30)

39. Postvention—Responding to Schools and Communities Following Adolescent Suicide

As suicides sometimes "cluster" following the death by suicide of an adolescent or young adult, intervening after such a death may be key to preventing further suicides. This presentation will discuss research related to this contagion phenomenon, and present several models and examples of providing "postvention" services in school settings following the suicide death of a student.

Lawrence Berkowitz, Licensed Psychologist, LADC, Director of Riverside Outpatient Center, Wakefield ; James McCauley, LICSW, Director of Riverside Outpatient Centers, Newton and Dedham

40. Risk Management for Suicide: What Clinicians Should Know

For most clinicians, not many events are as distressing as a client's suicide. This distress can be further compounded by the increasing number of malpractice actions occurring against those who provided the mental health treatment. This workshop will present current, evidence-based information considered to be essential for clinicians for avoiding claims of suicidal malpractice. Participants will learn about the magnitude of the problem and its implications, the standard of care in conjunction with suicide liability, and practical principles of risk management to assist in reducing the risk of liability should a suicide take place. The workshop will include case examples and be interactive.

Barry N. Feldman, Ph.D., Assistant Director and Law Enforcement Specialist for the On-site Academy, Gardner, MA

41. Words Can Work—Depression: True Stories—a multimedia educational resource for youth and families

This presentation is for professionals who work with youth, young adults, parents and other caregivers. The evidence-based DVD Depression: True Stories features three young adults describing the shame associated with depression and how treatment transformed and save their lives. You'll learn how youth, families and communities can take active steps to talk about depression and suicide; reduce the stigma associated with the illness; and save lives.

Jeanne Blake, Blake Works, medical journalist and affiliated faculty member, The Division on Addictions, Cambridge Health Alliance, an affiliate of Harvard Medical School

42. Crossing Cultures in Assessing Risk Factors for Suicide

Massachusetts is host to many different immigrant and refugee groups, and providing culturally competent services is a major challenge for health care and mental health providers. In this workshop we will look at help seeking behavior among different groups. A framework for providing linguistic access will also be presented.

Lorna McKenzie-Pollock; Lorna McKenzie-Pollock LICSW, International Counseling and Consulting, Brookline, MA

43. Building Resiliency

This presentation will define resiliency and participants will learn how to become more stress resistant, how to identify values and goals and learn strategies for finding balance. Today, the majority of us are faced with a multitude of challenges, concerns, and commitments. In our personal life, our work-life, and the world as a whole the unexpected can happen. At times we feel like a master juggler or that we are in the middle of a tornado. How can we set priorities, manage the stresses of conflicting concerns, and remain flexible and strong during challenging times? We must have tools to maintain resilience and know what is important to us.

CMG Associates

44. Suicide Prevention Training for Gatekeepers of Older Adults

This workshop highlights the unique 8 hour curriculum and training session developed by the Samaritans of Merrimack Valley. With over 300 people trained, what has started out as a regional training has now expanded to many venues across the state. The training has been designed to provide education on suicide prevention for older adults for healthcare and non-healthcare workers. The appropriate target audience includes workers with clinical and/or assessment and referral responsibilities for older adults including nurses, social workers, outreach staff, transportation and food service workers, activities staff, volunteers and fire, police and Emergency Medical Technicians, among many others. The training focuses on "normal" aging, mental health and suicide, understanding suicide risk, working with older adults at risk and ongoing support and care of older adults at risk. During this 90 minute workshop, participants will receive an abridged version of the 8 hour training which includes a quiz, hand-outs, vignettes, role-play and discussion.

Debbie Helms, Director of Samaritans of Merrimack Valley; Mary Quinn, LICSW, Training Coordinator for Samaritans